

Stress Busters

(Grade 5)

Instructor: Christine Duvivier

Keep the fun in your life! Would you like to negotiate better with parents, teachers and friends? Learn ways to deal with tough situations before you get to middle school? This program will give you techniques for being assertive, making decisions, and relaxing. We'll play games, watch videos, talk and laugh—and you only do the activities you want to do.

Have you noticed that as you move up in school, there's less time for fun and life gets harder? It happens to every kid, but 5th to 8th graders who went through this program were happier and had more optimism two years later than kids who didn't.

Parents: This is the first time the program has been offered in the Boston area. It is based on the Penn Resiliency Program developed and tested for 12 years at University of Pennsylvania. For more information, email info@positiveleaders.org

Location: Warren Building

Min: 4/Max: 12

10 weeks

Grade	Day	Time	Dates	Price
5	Mon	4-5:30 pm	Sept 24 - Dec 17	\$35

(No class 10/8, 11/12, 11/26)

Adult and Pediatric Heartsaver CPR

(Age 16 plus)

Instructor: Juanita Allen

The Heartsaver CPR Course teaches lay rescuers how to recognize and treat life-threatening emergencies, including cardiac arrest and choking for adult, child and infant victims. Students also learn to recognize the warning signs of heart attack and stroke in adults and breathing difficulties in children. This course is intended for all lay rescuers, such as employees in the workplace, day care employees, baby-sitters, firefighters, police, airline personnel, security guards, family members of patients at high risk for sudden cardiac death, other lay rescuers, and those who may have a need to respond to an emergency. Upon completion, participants will receive a 2 year certification in Adult & Pediatric CPR.

Location: Warren Building

Min: 4/Max: 12

1 class

Day	Time	Dates	Price
Tue	6 - 9 pm	Oct 2	\$60

Home Alone Safety

(Age 8-11)

Instructor: Juanita Allen

Children will learn telephone and door answering techniques, internet safety, accident and fire protection and first aid techniques. The class includes a variety of teaching methods, including a video and role playing. Please bring a snack.

Location: Warren Building

Min: 4/Max: 12

1 class

Day	Time	Dates	Price
Tue	4 - 6 pm	Oct 2	\$45

Baby-sitter's Training with Infant & Child CPR and First Aid

(Age 11 - 15)

Instructor: Alice Wadley

The purpose of this course is to train individuals in baby-sitting responsibilities; characteristics of children; supervising and playing with children; basic care such as feeding and changing; emergency response; and first aid care for injuries and sudden illnesses. Participants also learn to recognize and provide basic care for cardiac emergencies in children and infants until advanced medical personnel arrive and take over. Upon successful completion of this course, students will receive a Baby-sitter's Course completion certificate, an Infant and Child CPR certificate valid for one (1) year and a First Aid certificate valid for three (3) years.

Location: Warren Building

Min: 8/Max: 12

3 classes

Day	Time	Dates	Price
Tue	3:30 - 7:30 pm	Oct 2, 9, 16	\$140

Heart Saver First Aid & CPR

(Age 16 plus)

Instructor: Juanita Allen

This course teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical service personnel arrive. The course also provides training in First Aid and in CPR. Upon completion you will receive certification in both First Aid and CPR. Taught under the guidelines of the American Heart Association.

Location: Warren Building

Min: 4/Max: 12

1 class

Day	Time	Dates	Price
Mon	6 - 10 pm	Sept 24	\$84



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